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RCFE Specialty Tool: *Planned Activities Domain*

The RCFE Specialty Tool for the ***Planned Activities Domain*** provides all state licensing requirements in statute & regulations that are related to planned activities and other activities required as a condition of licensure.

This Specialty Tool is intended to be used during a Comprehensive Visit in situations where non-compliance with planned activities requirements has been identified. This tool will also be helpful in complaint visits, or other visits when LPAs need a full-scope reference on a single Domain. This tool is also available to licensees to gauge compliance with requirements.

Requirement	Citation
Definitions	
T-22, §87101(b)(2) “Basic Services,” as defined in Health & Safety Code section 1569.312, means those services required to be provided by the facility in order to obtain & maintain a license & include, in such combinations as may meet the needs of the residents & be applicable to the type of facility to be operated, the following: safe & healthful living accommodations; personal assistance & care; observation & supervision; planned activities; food service; & arrangements for obtaining incidental medical & dental care.	T-22, §87101(b)(2)
Care & Supervision T-22, §87101(c)(3) “Care & Supervision” means those activities which if provided shall require the facility to be licensed. It involves assistance as needed with activities of daily living & the assumption of varying degrees of responsibility for the safety & well-being of residents. “Care & Supervision” shall include, but not be limited to, any one or more of the following activities provided by a person or facility to meet the needs of the residents: (F) Supervision of resident schedules and activities.	T-22, §87101(c)(3)(F)
Dementia T-22, §87101(d)(4) “Dementia” means the loss of intellectual function (such as thinking, remembering, reasoning, exercising judgement and making decisions) and other cognitive functions, sufficient to interfere with an individual's ability to perform activities of daily living or <i>to carry out social or occupational activities</i> . Dementia is not a disease itself, but rather a group of symptoms that may accompany certain conditions or diseases, including Alzheimer's Disease. Symptoms may include changes in personality, mood, and/or behavior. Dementia is irreversible when caused by disease or injury, but may be reversible when caused by depression, drugs, alcohol, or hormone/vitamin imbalances.	T-22, §87101(d)(4)
Supportive Services H&S §1569.2(r) “Supportive services” means resources available to the resident in the community that help to maintain their functional ability and meet their needs as identified in the individual resident assessment. Supportive services may include any of the following: medical, dental, and other health care services; transportation; recreational and leisure activities; social services; and counseling services.	H&S §1569.2(r)

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Pre-Admission Information about Resident Interests	
Social Factors T-22, §87462 The facility shall obtain sufficient information about each person's likes and dislikes and interests and activities, to determine if the living arrangements in the facility will be satisfactory, and to suggest the program of activities in which the individual may wish to participate.	T-22, §87462
Required Activities	
Basic Services H&S §1569.312 Every facility required to be licensed under this chapter shall provide at least the following basic services: (f) Encouraging the residents to maintain and develop their maximum functional ability through participation in planned activities.	H&S §1569.312(f)
T-22, §87464(f) Basic services shall at a minimum include: (7) A planned activities program which includes social and recreational activities appropriate to the interests and capabilities of the resident, as specified.	T-22, §87464(f)(7)
Maintaining & Developing Fullest Potential T-22, §87219(a) Residents shall be encouraged to maintain and develop their fullest potential for independent living through participation in planned activities. The activities made available shall include: (1) Socialization, achieved through activities such as group discussion and conversation, recreation, arts, crafts, music, and care of pets.	T-22, §87219(a)(1)
(2) Daily living skills/activities which foster and maintain independent functioning.	T-22, §87219(a)(2)
(3) Leisure time activities cultivating personal interests and pursuits, and encouraging leisure-time activities with other residents.	T-22, §87219(a)(3)
(4) Physical activities such as games, sports and exercise which develop and maintain strength, coordination and range of motion	T-22, §87219(a)(4)
(5) Education, achieved through special classes or activities.	T-22, §87219(a)(5)
(6) Provision for free time so residents may engage in activities of their own choosing.	T-22, §87219(a)(6)
T-22, §87464(a) The services provided by the facility shall be conducted so as to continue and promote, to the extent possible, independence and self-direction for all persons accepted for care. Such persons shall be encouraged to participate as fully as their conditions permit in daily living activities both in the facility and in the community.	T-22, §87464(a)
Personal Rights Related to Planned Activities	
Privately Operated RCFEs H&S §1569.269(a) Residents of residential care facilities for the elderly shall have all of the following rights: (8) To make choices concerning their daily life in the facility.	H&S §1569.269(a)(8)
H&S §1569.269(a)	H&S §1569.269

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(16) To reasonable accommodation of individual needs and preferences in all aspects of life in the facility, except when the health or safety of the individual or other residents would be endangered.	(a)(16)
H&S §1569.269(a)(26) To be encouraged to maintain and develop their fullest potential for independent living through participation in activities that are designed and implemented for this purpose, in accordance with Section 87219 of Title 22 of the California Code of Regulations.	H&S §1569.269(a)(26)
All RCFEs T-22, §87468(a) Each resident shall have personal rights which include, but are not limited to, the following: (5) To have the freedom of attending religious services or activities of his/her choice and to have visits from the spiritual advisor of his/her choice. Attendance at religious services, either in or outside the facility, shall be on a completely voluntary basis.	T-22, §87468(a)(5)
Participation in Planning Activities	
T-22, §87219(b) Residents served shall be encouraged to contribute to the planning, preparation, conduct, clean-up and critique of the planned activities	T-22, §87219(b)
Arrangement for Participation in Community Activities	
T-22, §87219(c) The licensee shall arrange for utilization of available community resources through contact with organizations and volunteers to promote resident participation in community-centered activities which may include: (1) Attendance at the place of worship of the resident's choice.	T-22, §87219(c)(1)
(2) Service activities for the community	T-22, §87219(c)(2)
(3) Community events such as concerts, tours and plays.	T-22, §87219(c)(3)
(4) Participation in community organized group activities, such as senior citizen groups, sports leagues and service clubs	T-22, §87219(c)(4)
Notices of Planned Activities	
T-22, §87219(d) In facilities licensed for seven (7) or more persons, notices of planned activities shall be posted in a central location readily accessible to residents, relatives, and representatives of placement and referral agencies. Copies shall be retained for at least six (6) months.	T-22, §87219(d)
Staffing for Planned Activities	
T-22, §87219(e) In facilities licensed for sixteen (16) to forty-nine (49) persons, one staff member, designated by the administrator, shall have primary responsibility for the organization, conduct and evaluation of planned activities. This person shall have had at least six (6) months' experience in providing planned activities or have completed or be enrolled in an appropriate education or training program.	T-22, §87219(e)
T-22, §87219(f) In facilities licensed for fifty (50) persons or more, one staff member shall have full-time responsibility to organize, conduct and evaluate planned activities, and shall be given such staff assistance as necessary in order for all residents to participate in accordance with their interests and abilities. The program of activities shall be written, planned in advance, kept up-to-date, and made available to all residents. The responsible employee shall have had at	T-22, §87219(f)

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least one year of experience in conducting group activities and be knowledgeable in evaluating resident needs, supervising other employees, and in training volunteers.	
(1) An exception to this requirement may be made by the licensing agency upon the facility's presentation in writing of a satisfactory alternative plan.	T-22, §87219(f)(1)
(2) Where the facility can demonstrate that its residents are self-directed to the extent that they are able to plan, organize and conduct the facility's activity program themselves, this requirement may be reduced or waived by the licensing agency.	T-22, §87219(f)(2)
T-22, §87411(i) Residents shall not be used as substitutes for required staff but may, as a voluntary part of their program of activities, participate in household duties and other tasks suited to the resident's needs and abilities.	T-22, §87411(i)
Activities for Residents with Dementia	
Plan of Operation H&S §1569.7 Residential care facilities for the elderly that serve residents with Alzheimer's disease and other forms of major neurocognitive disorder should include information on sundowning as part of the training for direct care staff, and should include in the plan of operation a brief narrative description explaining activities available for residents to decrease the effects of sundowning, including, but not limited to, increasing outdoor activities in appropriate weather conditions.	H&S §1569.7
Activity Program T-22, §87705(c) Licensees who accept and retain residents with dementia shall be responsible for ensuring the following: (7) An activity program shall address the needs and limitations of residents with dementia and include large motor activities and perceptual and sensory stimulation.	T-22, §87705(c)(7)
Outdoor Facility Space T-22, §87705(h) Outdoor facility space used for resident recreation and leisure shall be completely enclosed by a fence with self-closing latches and gates, or walls, to protect the safety of residents.	T-22, §87705(h)
Activities in Facilities Advertising/Promoting Special Care, Programming, and Environments for Residents with Dementia	
Plan of Operation T-22, §87706(a) In addition to the requirements in Section 87705, Care of Persons with Dementia, licensees who advertise, promote, or otherwise hold themselves out as providing special care, programming, and/or environments for residents with dementia or related disorders shall meet the following requirements: (2) In addition to the requirements specified in Sections 87208(a) and 87705(b), the licensee shall include in the plan of operation a brief narrative description of the following facility features: (E) Activity program for residents with dementia, including, but not limited to: 1. Types of activities; a. Activities may include cognitive/mental stimulation (e.g., crafts, reading, writing, music, current events, reminiscences, movies); physical activities (e.g., gross and fine motor skills); work activities and	T-22, §87706 (a)(2)(E)(1.)(2.) & (3.)

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<p>life skills; social activities; cultural/religious activities; sensory activities; individual/group activities (e.g., games); pet care; and outdoor activities (e.g., field trips, gardening).</p> <p>2. Frequency of activities; and</p> <p>3. The process to determine what types of activities shall be planned to encompass residents' needs.</p> <p>a. These needs are based on personal preferences, age, beliefs, culture, values, attention span, and life experiences (e. g., family and friend involvement, favorite pastimes, occupations, and geographic areas lived in and visited).</p>	
<p>T-22, §87706(a)(2)</p> <p>(J) Success indicators, including procedures to:</p> <p>1. Ensure an ongoing review of facility programs pertaining to care of residents with dementia;</p> <p>2. Make necessary adjustments to better meet residents' needs; and</p> <p>3. Assess the program's overall effectiveness/success.</p> <p>a. Examples of areas that may be reviewed include incident reports, staffing levels, input from others, and resident participation in program activities.</p>	<p>T-22, §87706 (a)(2)(J)(1.), (2) & (3.)(a.)</p>
<p>Staff Training Relevant to Activities T-22, §87707(a) Licensees who advertise, promote, or otherwise hold themselves out as providing special care, programming, and/or environments for residents with dementia or related disorders shall ensure that all direct care staff, described in Section 87706(a)(1), who provide care to residents with dementia, meet the following training requirements:</p> <p>(2) Direct care staff shall complete at least eight hours of in-service training on the subject of serving residents with dementia within 12 months of working in the facility and in each succeeding 12-month period. Direct care staff hired as of July 3, 2004 shall complete the eight hours of in-service training within 12 months of that date and in each succeeding 12-month period.</p> <p>(A) A minimum of two of the following training topics shall be covered annually, and all topics shall be covered within a three-year period:</p> <p>3. Positive therapeutic interventions and activities such as exercise, sensory stimulation, activities of daily living, and social, recreational and rehabilitative activities;</p>	<p>T-22, §87707 (a)(2)(A)(3.)</p>
<p>Participation of Family</p>	
<p>H&S §1569.313 Each residential care facility for the elderly shall state, on its client information form or admission agreement, and on its patient's rights form, the facility's policy concerning family visits and other communication with resident clients and shall promptly post notice of its visiting policy at a location in the facility that is accessible to residents and families.</p> <p>The facility's policy concerning family visits and communication shall be designed to encourage regular family involvement with the resident client and shall provide ample opportunities for family participation in activities at the facility.</p>	<p>H&S §1569.313</p>

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Participation of Volunteers	
T-22, §87219(g) Participation of volunteers in planned activities shall be encouraged, and such volunteers shall be under the direction and supervision of the employees responsible for the activity program.	T-22, §87219(g)
T-22, §87411(j) Volunteers may be utilized but may not be included in the facility staffing plan. Volunteers shall be supervised.	T-22, §87411(j)
Indoor and Outdoor Space for Activities	
T-22, §87219(h) Facilities shall provide sufficient space to accommodate both indoor and outdoor activities. Activities shall be encouraged by provision of: <ul style="list-style-type: none"> (1) A comfortable, appropriately furnished area such as a living room, available to all residents for their relaxation and for entertaining friends and relatives. (2) Outdoor activity areas which are easily accessible to residents and protected from traffic. Gardens or yards shall be sufficient in size, comfortable, and appropriately equipped for outdoor use. 	T-22, §87219(h)(1)-(2)
T-22, §87307(a) Living accommodations and grounds shall be related to the facility's function. The facility shall be large enough to provide comfortable living accommodations and privacy for the residents, staff, and others who may reside in the facility. The following provisions shall apply: <ul style="list-style-type: none"> (1) There shall be common rooms such as living rooms, dining rooms, dens or other recreation/activity rooms. They shall be of sufficient space and/or separation to promote and facilitate the program of activities and to prevent such activities from interfering with other functions. 	T-22, §87307(a)(1)
Equipment for Activities	
T-22, §87219(i) Facilities shall provide sufficient equipment and supplies to meet the requirements of the activity program including access to daily newspapers, current magazines and a variety of reading materials. Special equipment and supplies necessary to accommodate physically handicapped persons or other persons with special needs shall be provided as appropriate.	T-22, §87219(i)
T-22, §87219(i)(1) When not in use, recreational equipment and supplies shall be stored where they do not create a hazard to residents	T-22, §87219(i)(1)